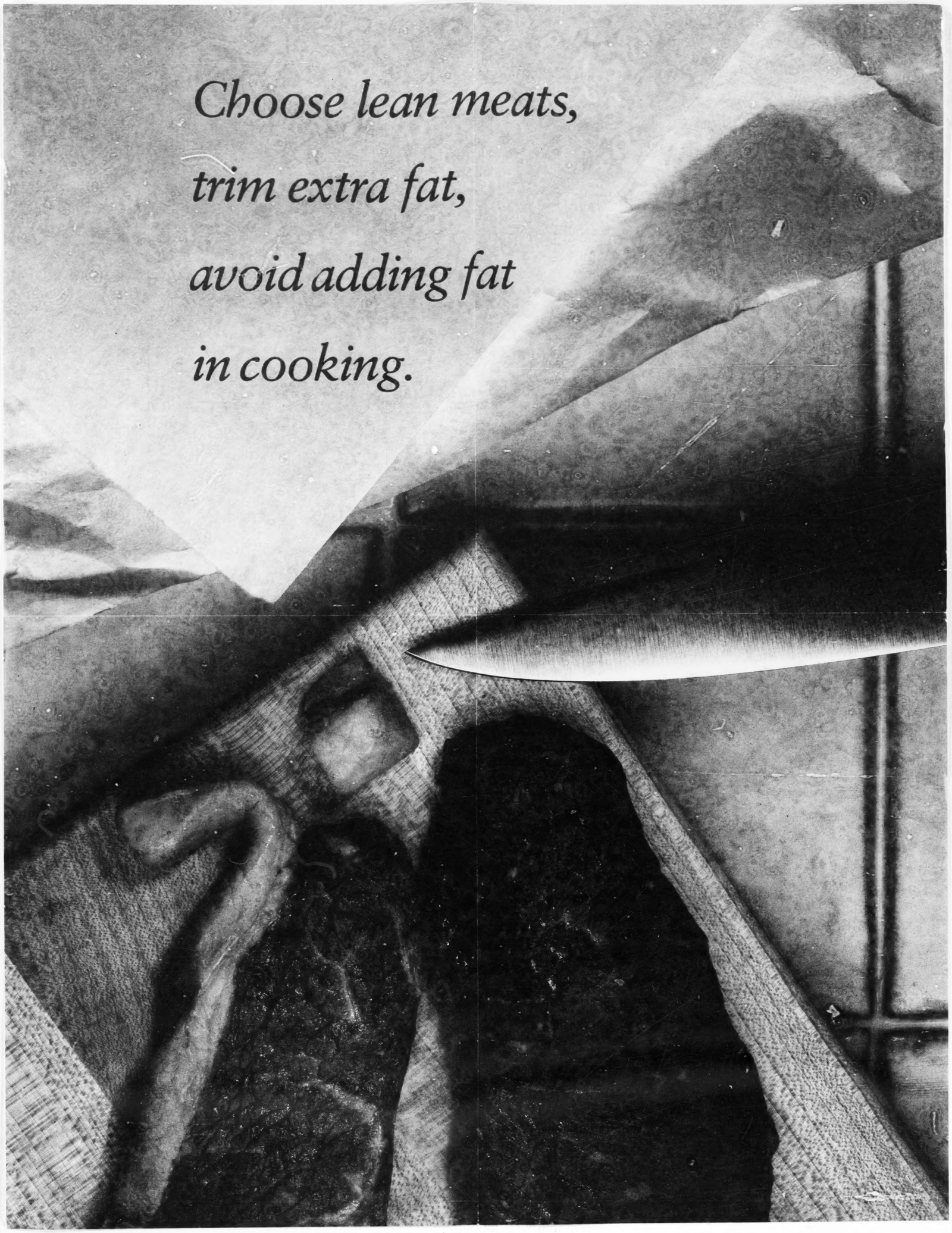
Choose lean meats,
trim extra fat,
avoid adding fat
in cooking.